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ABSTRACT

Intended as a practical guide for parents, counselors, and teachers, this book contains basic principles and techniques to guide children in journal-keeping. The book is fully illustrated with examples from children's journals. The exercises are designed for use with very young children (preschool and kindergarten) as well as with elementary and junior high school students. The youngest contributor in the book was under three years old; the oldest was 15. The book's 72 exercises for journal keeping provide activities in drawing and writing which encourage students to: (1) express feelings and thoughts; (2) feel comfortable about writing and drawing; (3) acquire the habits of self-observation and reflection; (4) foster a positive self-image; (5) exercise imagination; (6) learn to communicate; (7) strengthen attention span and concentration; (8) enrich academic skills; and (9) find strength and wisdom within. (CR)

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